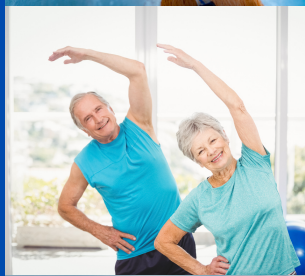
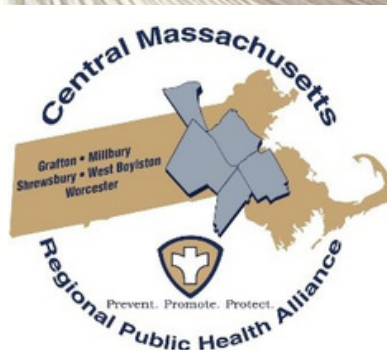


# HealthE-book

## A Guide to Public Health



**KNOW  
PLAN  
PREPARE**



# TABLE OF CONTENTS

---

Introduction and Purpose	Page I
Central MA Regional Public Health Alliance (CMRPHA)	Page 2 - 3
Public Health Accreditation	Page 4
Shared Public Health Services	Page 5 - 10
Behavioral Health: Substance Use Resources, / Tobacco / Vaping / Smoking Cessation / Mental Health	Page 11 - 22
Communicable Disease: Influenza, Coronavirus (COVID-19)	Page 23 - 35
Emergency Preparedness	Page 36 - 41
Healthy Living: Exercise / Bike Safety / Food Safety / Good Nutrition / Food Resources	Page 42 - 53
Ice and Cold Water Safety, Extreme Cold, and Home Heating Safety	Page 54 - 62
Mosquitoes, Ticks, and Asian Long-horned Beetle (ALB)	Page 63 - 68
Sharps Disposal, HIV Awareness, and Medication Disposal	Page 69 - 70
Swimming Safety, Extreme Heat, and Sun Safety	Page 71 - 76
Content and Imagery Resources	Page 77 - 78

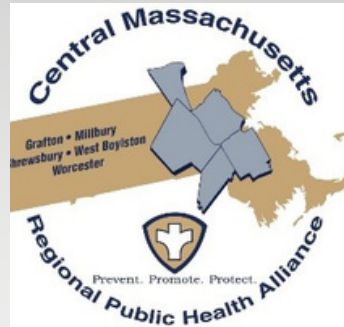
---





**The HealthE-book was created in an effort to:**

- **Illustrate how the Town of Shrewsbury's Health Department is structured through a regionalized shared public health service model via an Inter-municipal Agreement (IMA) between the Town of Shrewsbury and the City of Worcester**
- **How public health services are supported**
- **Common public health topics that residents most often inquire about**



## WHO ARE WE?

The Central MA Regional Public Health Alliance (CMRPHA) is a coalition of municipalities (Grafton, Millbury, Shrewsbury, West Boylston, and the City of Worcester) working cooperatively to create and sustain a viable, cost-effective, and labor-efficient regional public health district. The regional health district provides a comprehensive array of services to partner municipalities through a single organization managed by the Worcester's Division of Public Health (WDPH). The inspiration to develop a regional alliance arose from the considerable disparity in size, available resources, and kinds and types of resources offered by each municipality.

## GUIDING PRINCIPLES:

- Fulfill all statutory responsibilities, enforce laws, and assure compliance with regulations that protect the public's health and ensure safety.
- Adopt and integrate the Institute of Medicine's three core public health functions of assessment, policy development, and assurance and the Ten Essentials of Public Health as the framework for a systems approach to carrying out public health functions.
- Provide leadership to foster collaboration and coordination among the many partners in the region's public health system.
- Promote and advocate for policies, programs, and practices that advance health equity and contribute to the elimination of health disparities.



# Central MA Regional Public Health Alliance



- Engage and include residents, community and health care providers, academics, business owners, faith leaders, the media, and government officials in public health improvement efforts, including assessing public health needs and resources, setting priorities, planning interventions, and evaluating effectiveness and progress.
- Basic public health policy, practice, priorities, and evaluation on evidence and science; use a population-based approach to determine public health needs and effectiveness of interventions.
- Utilize performance measures to improve and sustain high quality employees and a public health department committed to continuous quality improvement.
- Create an organization committed to being at the forefront of public health learning through the formation of academic partnerships and investment in the public health workforce.

# Public Health Accreditation



The City of Worcester Division of Public Health is the first nationally accredited health department in Massachusetts as well as the only multi-jurisdictional accredited health department in the country.

The Public Health Division is the lead agency of the Central MA Regional Public Health Alliance (CMRPHA). The CMRPHA is a coalition of five municipalities (Towns of **Grafton, Millbury, Shrewsbury, West Boylston, and the City of Worcester**) working cooperatively to create and sustain a viable, cost-effective, and labor-efficient regional public health alliance. Services offered include community health, environmental health, emergency preparedness, nursing and epidemiology.





## **Shared Public Health Services that the City of Worcester provides the Town of Shrewsbury**

The Shrewsbury Board of Health consists of three members and are appointed by the Town Manager. Each member serves a three year term.

The Shrewsbury Health Department reports to the Town Manager's office.

The Shrewsbury Health Department's Principal Department Assistant (Town of Shrewsbury employee) acts as the primary point of contact which provides administrative support and triage for all aspects of health-related matters. This position also supports the Board of Health.

The Shrewsbury Health Department has one dedicated Regional Environmental Health Specialist (City of Worcester employee) four days per week. The Regional Environmental Health Specialist reports to the Regional Environmental Health Coordinator (City of Worcester employee).

The Worcester Department of Public Health (WDPH) is the head agency on behalf of the Town of Shrewsbury to orchestrate the support of shared public health services through an Inter-Municipal Agreement (IMA).

The five following pages outline the areas of shared public health services that are part of that IMA.

The services provided by WDPH are subject to change each fiscal year based on emergent needs or grant funding that supports specific programs.





## **ADMINISTRATION, INFRASTRUCTURE, POLICY, FINANCIALS, COMMUNICATIONS**

Provide a communications specialist.

Provide direction and public health information for public inquiries.

Assist the Board of Health to implement standardized policies and procedures based on Public Health Accreditation Board standards.

Provide Board of Health advice regarding public health policy, as requested.

Assist Board of Health to draft policies/regulations/updates as requested.

Attend Board of Health meetings, as requested.

Prepare annual town report for submission to BOH for its consideration.

Provide medical director to serve as subject matter expert for public health issues and consultation, as funding permits.

Provide and respond to (if appropriate) 24/7 after hours coverage for public health emergencies.



## SHARED PUBLIC HEALTH SERVICES

### ADMINISTRATION, INFRASTRUCTURE, POLICY, FINANCIALS, COMMUNICATIONS - continued...

Provide updates to Town Manager and BOH on MDPH Special Commission Recommendations to include funding opportunities, workforce credentialing, data collection and sharing and regional public health district opportunities.

Maintain National Public Health Accreditation (PHAB re-accreditation and required annual reports.

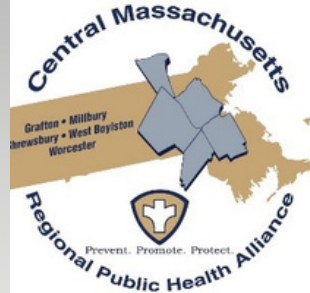
Coordinate the Academic Health Collaborative of Worcester (WDPH / Higher Ed) for the purposes of research, data collection and analysis and various public health projects to support CMRPHA initiatives, programs, policies associated with the CHA and CHIP.

Provide infrastructure and funding, if available, to conduct annual Community Health Assessments and Community Health Improvement Plans.

Create and implement a CMRPHA strategic plan for the purposes of continuous quality improvement.

Participate in Department Head meetings, Board of Selectman meetings, Shrewsbury Health & Human Services quarterly meetings, budget preparations, Finance Committee and Town Meetings as requested.

Serve as pass through for MDPH public health trust funds for COVID-19 emergency response. Manage and track expenditures and reporting.



## ENVIRONMENTAL HEALTH

### Title V SERVICES

perc tests, abandonments, new and existing on-site disposal system plan review, repairs, replacements, as-built and Certificate of Compliance review, inspections for bottom, component, final grade/stabilization.

Triage public-health complaints received by the Board of Health for: housing complaints, hoarding, condemnations and promote sanitary conditions, nuisance complaints.

Inspections / complaints / enforcement of violations for: food service / food-borne illness, tanning establishments, body art establishments, body art practitioners, body art apprentices, recreational camps for children public and semi-public swimming pools, septage and trash haulers, pre-opening inspections for bathing beaches and review water testing results.

Plan review for: on-site disposal systems - new or existing, food establishments, body art establishments, new public and semi- public pools, 10 day emergency beaver applications, building permit applications when the Board of Health is a requested approver, recreational camps for children, plan submittals from the Planning Board.

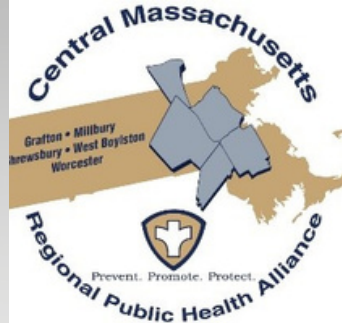
Submit Reporting for: recreational camps for children, annual food inspection report, reports for MDPH and/or MDEP, as required.

Attend Meetings for: bi-weekly inspector's meeting, Board of Health meetings and/or Public Hearings.

Serve as MDPH Arbovirus (i.e. West Nile Virus / EEE) secondary point of contact.

Purchase and provide PPE and standardized inspection forms.





## PUBLIC HEALTH NURSE AND EPIDEMIOLOGY

### Influenza

Annual flu clinic roster billing , staff annual flu and COVID-19 immunization (and booster) clinics, as requested.

Manage **Tuberculosis (TB)** cases and other communicable diseases .

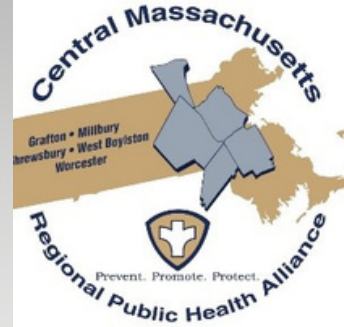
### COVID-19

Nurse case manager to assist with isolation or quarantine orders provide daily case counts of positive residents, addresses for first responders and weekly data reports.

Liaison, on behalf of the Town, to MDPH relative to homebound isolation program, vaccine access points, questions or concerns relative to COVID-19 response and mitigation.

Volunteer recruitment, training, credentialing and management of clinical volunteers to support COVID19 vaccination clinics and booster.

Compile and submit town-specific communicable disease reports.



## COMMUNITY HEALTH

Attend and assist committees concerning public health issues .

Provide general health information.

### Tobacco

Provide retail tobacco inspections, compliance checks, and enforcement orders; conduct Smoke Free Work Place Law inspections and enforcement; provide technical support for local tobacco retail questions and policy initiatives.

Coordinate and fund regional youth health survey for middle school and high school.

WDPH plays a lead role and contributes funding to annual Community Health Assessments (CHA) and Community Health Improvement Plans (CHIP) for the Alliance.

Coordinate and promote National Rx Take Back Day events.

Participate in local community coalition work with a focus on health equity, mental health, substance use prevention, access to healthy food, access to care, safety and promotion of physical activity.

## EMERGENCY PREPAREDNESS

Support overall emergency planning and response activities within the Town.

## IN CASE OF AN EMERGENCY, DIAL 9 1 1

### SUBSTANCE USE DISORDERS

There are many who struggle with addiction and substance use disorders. The complex disease of addiction not only affects individuals every day but touches the lives of family, friends, and the entire community. Below please find a list of local services and their contact information available to area residents.

### STATE RESOURCES

The Massachusetts State Administration is committed to fighting the opioid overdose epidemic on multiple fronts. To learn more about the State's response and view the latest statistics/data, please visit: [Massachusetts Substance Use Resources](#).

### DETOX SERVICES

**AdCare Hospital**  
800-345-3552

**Community HealthLink**  
800-750-9009

**Recovery Centers of America**  
978-571-6050

**Spectrum Health Systems**  
508-898-1570

### METHADONE TREATMENT

**Spectrum Health Systems**  
508-898-1570


### SUBOXONE TREATMENT

SUBOXONE (buprenorphine and naloxone) Sublingual Film (CIII)  
866-973-4374



## YOUTH SERVICES

The opiate epidemic effects individuals of all ages and backgrounds, including the youth in our community. To learn more about services and help for youths and families with substance use disorders, please visit:

 <p>The City of <b>WORCESTER</b> City Manager Edward M. Augustus, Jr.</p>	<p><b><u>OPIOID ADDICTION</u></b> <b><u>RESOURCE SHEET</u></b> <b>YOUTH SERVICES</b></p>
<p><b>Community Healthlink, Inc. Services</b> Main Office: 68 Jacques Avenue 508-860-1000</p> <p><b>Motivating Youth Recovery (MYR):</b> 508-860-1244 Acute Care and Stabilization service for adolescents with substance abuse concerns. Detoxification and stabilization of physical and psychological dependency to substances. Typically 14 day program, but length of stay is determined on an individual basis.</p> <p><b>Highland Grace House:</b> 508-860-1172 Residential treatment for adolescent females 13 -17 years old working on recovery from substance abuse disorders.</p> <p>For more information visit our website at: <a href="http://www.communityhealthlink.org">www.communityhealthlink.org</a></p>	<p><b>LUK Substance Abuse Treatment Services</b> 1-800-579-0000</p> <p><b>Continuous Learning for Youth in Recovery (CLYR)</b> CLYR is an outreach treatment program for youth recovering from substance abuse or dependence using two evidence-based models.</p> <p><b>CRAFT</b> CRAFT provides training to caregivers on how to best respond to youth's motivation to abstain or use substances and how to improve communication and solve problems with them.</p> <p>All services are provided on an outreach basis in the <u>parent's</u> / youth's home and community and serves all of Central MA.</p>
<p><b>Rockdale Recovery High School</b> 508-854-4939</p> <p>Rockdale Recovery High School works with school districts of origin towards the goal of granting High School Diplomas to students who earn them. This type of High School is different than a typical public school as it is an academic environment that integrates recovery supports for students in recovery from chemical addiction.</p>	<p><b>YOU, Inc.</b> 81 Plantation Street / 1-800-4YOUINC</p> <p><b>Adolescent Substance Abuse Services</b> For ages 13 - 18, most insurances accepted; intensive/daily group treatment and outpatient groups; services may include: drug screening, parent support group, comprehensive case management, access to wrap-around services.</p>

## **NARCAN DISTRIBUTORS**

**AIDS Project Worcester**  
508-755-3773

## **EMERGENCY SERVICES**

**Community HealthLink**  
800-977-5555

## **REHAB & TREATMENT HELP LINES**

**Alcohol & Drug Hotline:** 800-821-4357

**Health Helpline:** 800-272-4232

**Hunger Hotline:** 617-523-7010

**MA Substance Abuse Information Hotline:** 800-327-5050

**National Drug & Alcohol Treatment:** 800-662-HELP

**Poison Control:** 800-682-9211

**Safe Link Hotline:** 877-785-2020

**Samaritans (Suicide Help Line):** 508-875-4500

**UMass Emergency Mental Health:** 508-856-3562

**United Way:** 211

**Spectrum Health Systems:** 508-898-1570

**Shrewsbury Youth & Family Services (SYFS):** 508-845-6932

## SUPPORT GROUPS

**Alcoholics Anonymous**  
508-752-9000

**Everyday Miracles Peer Recovery**  
508-799-6221

**Narcotics Anonymous**  
866-624-3578

## OUTPATIENT SERVICES

**AdCare Hospital**  
508-453-3053

**Community HealthLink**  
508-860-1260

## WEB-BASED RESOURCE LINKS

[Learn to Cope](#)

[Al-anon Family Groups](#)

[GRASP for Help](#)

[Substance Free Worcester](#)

[MA Department of Public Health \(MDPH\)](#)



## Tobacco

As of November 1, 2021, there shall be no more than twenty (20) tobacco sales permits issued in the Town of Shrewsbury. New applicants for tobacco sales permits who are applying at a time when the maximum number of permits have been issued will be placed on a waiting list and will be eligible to apply for a permit on a "first-come, first-serve" basis as issued permits are either not renewed or are returned to the town.

### **LINKS TO SHREWSBURY TOBACCO REGULATIONS**

[Effective November 1, 2021](#)

[Effective January 4, 2021](#)

[Environmental Tobacco Smoke \(ETS\) for Town Employees - Effective January 1, 2019](#)

[Effective January 1, 2018](#)

# VAPING

## Help the Youth Quit Vaping



Vapes and cigarettes are a lot alike - they both put nicotine and cancer-causing chemicals in the body, and they are both highly addictive and dangerous for young people. The tobacco and vaping industries target young people so they'll become lifetime users addicted to their products. You can help your patients quit vaping by referring them to these free Massachusetts resources!

Massachusetts offers free vaping and nicotine treatment services to youth and young adults. Talk, text, or online chat is available 24/7. Written materials and tools are available to providers free of charge.

MY LIFE, MY QUIT: Youth cessation programs through the MA Quitline

Youth smoking and vaping program (for youth 12 - 17 years old)

- Designated coaching model for youth-specific and developmentally appropriate cessation needs.
- Specifically trained Youth Coach Specialists for all youth participants
- Includes counseling and a variety of ways to access the quitline services 24/7 - Talk, text, or online chat
- Refer patients using a QuitWorks fax form, or ask patient to text "Start My Quit" to 36072 or enroll online at [mylifemyquit.com](http://mylifemyquit.com)

# VAPING

## Help the Youth Quit Vaping continued...

Young adult tobacco use and vaping program (for young adults 18 - 24 years old)

- Includes features of the general program for 1-800-QUIT-NOW as well as live text coaching
- Opt in for automated text messages tailored by age, tobacco type, and readiness to change
- Text START to 36072, call 1-800-QUIT-NOW, or visit [mylifemyquit.com](http://mylifemyquit.com)



THIS IS QUITTING MA is a confidential texting program available to MA youth, powered by truth in partnership with the MA Department of Public Health.

- Anonymous text-only program available to youth 13 to 24 years old
- Youth can get started by texting VapeFreeMass to 88709

For more information on these programs visit [mass.gov/vaping](http://mass.gov/vaping)

The MA Smokers' Helpline offers free support to **quit smoking**.

**I-800-QUIT-NOW**  
**KeepTryingMA.org**

Massachusetts Department of Public Health

## The MA Smokers' Helpline offers free support to quit smoking

Make a healthier life for you and your family!

If you want to quit smoking or using other tobacco products and tried in the past, don't give up. Many users say quitting is the hardest thing they've done and help is available, so keep trying!

The Massachusetts Smokers' Helpline at 1-800-QUIT NOW (1-800-784-8669) is available for free coaching 24 hours each day, seven days a week to support you through quitting. In addition, now you can enroll online through [KeepTryingMA.org](http://KeepTryingMA.org). Online supports include quit planning tools, peer support and motivational text messages.

For more information, visit [KeepTryingMA.org](http://KeepTryingMA.org) or contact Tina Grosowsky, 508-856-5067.

Make the choice to quit today!







The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities.

## **RELATED LINKS**

[COVID-19 MENTAL HEALTH RESOURCES](#)

[COVID-19 RESOURCES FOR DMH PATIENTS, STAFF PROVIDERS, AND LICENSEES](#)

[MENTAL HEALTH FOR CHILDREN, YOUTH AND FAMILIES \(0 to 19\)](#)

[EMERGENCY CRISIS SERVICES](#)

[MENTAL HEALTH SERVICES FOR ADULTS \(19 AND UP\)](#)

## WELL-BEING GUIDE

According to the Centers for Disease Control (CDC), “well-being can be described as judging life positively and feeling good.” Well-being includes the presence of positive emotions and overall satisfaction with life. Physical, social, and emotional wellness are all critical to one's well-being.

Please use the buttons below to access information, frequently asked questions, and other well-being related resources which are available in our schools and community. These pages were created to support Shrewsbury Public Schools students, families, and staff in navigating common issues and relevant topics. We hope that this information is useful to you.

If you cannot find what you are looking for or have suggestions for additional content, we would be happy to hear from you. Please contact Jane Lizotte, Assistant Superintendent for Partnerships & Well-Being, and Noelle Freeman, Director of School Nursing, at [wellbeing@shrewsbury.k12.ma.us](mailto:wellbeing@shrewsbury.k12.ma.us).

While we strive to make the information on these pages as timely and accurate as possible, we cannot guarantee this at all times. Any reference to any person, organization, activities, or products, or any links from this website to the website of another party, do not constitute or imply the endorsement, recommendation, or favoring of Shrewsbury Public Schools.

### RELATED LINKS

For Students: <https://schools.shrewsburyma.gov/district/support-for-students>

For Families & Staff: <https://schools.shrewsburyma.gov/district/support-for-families-staff>

<https://schools.shrewsburyma.gov/district/well-being-guide>



**LAUGH** - Laughter really can be the best medicine...take some time to focus on the things that make you happy: laugh along with a funny movie or show, or spend some time with a friend who makes you laugh.

**CREATE** - Being creative can improve mood & self esteem; craft projects, cooking, creative writing, finding creative solutions to problems at home or at work are all ways to let your creative spirit shine.

**BE ACTIVE** - Regular exercise has proven benefits for your mental & physical health & even a short walk or dancing to your favorite music can help get you started.

**BE GRATEFUL** - Writing down or thinking about the things you are grateful for can improve your mood & remind you of the positive things in your life.

**EAT WELL** - A healthy, well-balanced diet fuels your body & can boost your mood & energy levels.

**TAKE A BREAK** - Short breaks during busy times can help to give you a fresh perspective on things, & planning longer vacations or time away from your routine can reduce stress levels & increase motivation.

**BREATHE DEEP** - Try it!...take long slow breaths in and out, & repeat until you feel an increased sense of calm.

**PRACTICE MINDFULNESS** - Being more aware of the present moment can enhance your ability to think & be creative, & can decrease stress and anxiety.

**SLEEP WELL** - A regular sleep routine that includes getting 8-10 hours of sleep each night can help you feel your best; limiting screen time before bed is one way to improve the quality of your sleep.

<https://schools.shrewsburyma.gov/district/well-being-guide>



**PRACTICE SELF-CARE** - Remember to be kind to yourself in your thoughts and choices; there's only one you & you know best what makes you feel happy & fulfilled.

**CONNECT** - Spend time in-person with family & friends who you care about & who care about you.

**LEARN SOMETHING NEW** - Setting goals and learning new skills can give you a sense of accomplishment & increased self-esteem.

**HELP OTHERS** - Whether it is simply reaching out with a smile, hug or thank you, or volunteering your time to help those in need, helping others is a great way to feel good about yourself & increase your own well being.

**LISTEN TO MUSIC** - Listening to your favorite music can help reduce stress & elevate your mood.

**READ A BOOK** - Finding & reading a book you love, whether fiction or non-fiction, graphic novel, self-help, fantasy, suspense, poetry, or whatever your favorite genre might be, can reduce stress & help you to understand other people's perspectives.

**ASK FOR HELP** - Sometimes a problem or feeling is too big to handle on your own, so never be ashamed to ask for help if you are feeling overwhelmed or just need someone to talk to.

<https://schools.shrewsburyma.gov/district/well-being-guide>





## **INFLUENZA ("the FLU")**

Flu season in Massachusetts usually starts in the fall and runs through the spring. The main symptoms of influenza (flu) include fever in combination with a cough and/or sore throat. Some people may also have a runny nose, body aches, headache, chills, and feel tired. Some people (especially young children) may also have diarrhea and vomiting.

To keep flu from spreading in the community it is important to keep your sick child at home when he or she has the flu. Use this form during flu season to determine whether your child should attend school or child care.

Where can I find more information about influenza?

## **RELATED LINKS**

[www.mass.gov/flu](http://www.mass.gov/flu)

[www.cdc.gov/flu](http://www.cdc.gov/flu)

[www.immunize.org](http://www.immunize.org)

[Massachusetts Department of Public Health \(MDPH\)](#) at  
617-983-6800



## Get Your Flu Shot

An annual flu vaccine is the best way to protect against flu, especially for cancer survivors.

## Flu Prevention

As colder weather approaches and we head into the Fall and Winter seasons, it's important to prepare for flu season. Getting the flu vaccine in addition to other basic preventive measures can greatly reduce the risk of you and your family members coming down with the flu. The CDC recommends getting vaccinated by the end of October if possible, however vaccination should continue to be offered throughout the flu season, even into January or later.



## Flu Prevention Tips

- Wash your hands frequently with soap and water.
- Avoid touching your eyes, nose and mouth.
- Stay home when you're sick. Avoid contact with others when they are sick.
- Cover your mouth when you cough, and sneeze into a tissue or your elbow.
- Avoid close contact with others.
- Get the flu shot, everyone 6 months or older should be vaccinated.
- Clean and sanitize your surfaces at home, work and school.
- Get plenty of sleep, drink lots of fluids, eat healthy and stay active.
- Avoid going outdoors during extreme conditions.



# Influenza (Seasonal Flu)

### **What is flu?**

Flu is a disease of the body's breathing system, including the nose, throat and lungs. Flu is short for "influenza." Flu is caused by a virus. In New England, the yearly flu season usually begins in the fall and lasts through March. Flu that occurs every winter season is called "seasonal flu." New and very different flu viruses that appear every 30-40 years, like the H1N1 flu virus in 2009, are called "pandemic flu." Seasonal flu and pandemic flu have similar symptoms, are spread the same way, and are prevented the same way.

### **What are the symptoms of flu?**

The most common symptoms of flu are fever, cough, and sore throat. Symptoms can also include body aches, headache, chills, runny nose and feeling very tired. Some people, especially young children, also have diarrhea and vomiting. Symptoms last from a few days to up to a week or more.

### **Is flu serious?**

Yes, flu can be very serious. Every year in the U.S. seasonal flu causes thousands of hospital admissions and deaths. Some people are at higher risk of serious health problems when they get the flu. This includes pregnant women, infants, the elderly and people with medical conditions like asthma, diabetes, heart disease, kidney disease, neurological and neuromuscular conditions and weakened immune systems.

# Influenza (Seasonal Flu)

### **How does flu spread?**

The flu virus is in the wet spray (droplets of saliva and mucus) that comes out of the nose and mouth of someone who coughs or sneezes. If you are close enough to a person with the flu (3 - 6 feet) when they cough or sneeze, you can breathe in the virus and get sick. Flu symptoms start 1 - 4 days (usually 2 days) after a person breathes in the virus.

Flu is spread easily from person to person. The virus can also live for a short time on things you touch like doorknobs, phones and toys. After you touch these objects, you can catch the virus when you touch your mouth, nose, or eyes. Adults with flu can spread it from about one day before symptoms appear to about one week after. Children can spread the flu even longer after they get sick.

### **How is flu treated?**

There are drugs available that your doctor may prescribe to treat flu. The drugs work best if started soon after symptoms begin. Your doctor can determine if you need treatment.

People sick with flu should make sure to drink plenty of fluids, get plenty of rest, eat healthy foods, wash their hands often and stay home to avoid spreading the flu to other people. Over the counter pain relievers may help people with the flu feel more comfortable. Children and teens with the flu should never take aspirin, because a rare but serious disease called Reye syndrome can occur. Do not give cough or cold medicines to children younger than 4 years of age.



# Influenza (Seasonal Flu)

### **Is there a vaccine for flu?**

Yes. A vaccine helps your body to protect itself against a disease. Getting flu vaccine will not give you the flu or any other type of illness. Getting vaccine is the best way to protect yourself against flu.

### **Who should get flu vaccine?**

Everyone 6 months of age and older should be vaccinated for flu. The only exceptions are people with a severe allergy to something in the vaccine. It is especially important that the people listed below get a flu shot every year.

- Children aged 6 months through 18 years
- People 50 years of age and older
- Pregnant and postpartum women
- People of any age with certain chronic medical conditions like asthma, diabetes, heart disease, kidney disease, neurologic and neuromuscular conditions and weakened immune systems
- People with muscle and nerve disorders that make it difficult to breathe or swallow
- Children aged 6 months through 18 years on long-term aspirin therapy
- People who live in nursing homes and other long term care facilities
- Anyone who might transmit flu to someone at risk. For example, health care workers, including those in training, emergency response workers, direct care staff, people who live with or care for anyone on the list above, and people who live with or care for infants under 6 months of age, including parents, siblings, and daycare providers

# Influenza (Seasonal Flu)

### **How do I know if I have the flu?**

If you have fever with cough or sore throat, you may have the flu. If you think you have the flu, stay home from work and school and avoid contact with others so you do not spread the virus. If you think you might have flu and you need to see your doctor, call ahead and let them know you might have the flu. That way, your doctor's office can take steps to avoid the spread of flu to others. The doctor may recommend that you be tested for flu.

### **How can I prevent getting the flu?**

- Get flu vaccine every year as soon as it is available.
- Wash your hands often with soap and water, or use an alcohol-based hand gel.
- Cough or sneeze into a tissue or into the inside of your elbow if you don't have a tissue. Throw tissues away and wash your hands. Always wash your hands before touching your eyes, nose or mouth.
- Use household cleaners to clean things that are touched often, like door knobs, toys, and phones.

Avoid close physical contact with people who are sick. Try to stay at least 3-6 feet from someone who is sick with the flu.

## Influenza (Seasonal Flu)

- People with young children, a weak immune system or a chronic illness should avoid crowds, if possible.
- Stay home from work and school if you get sick with a flu-like illness (fever with cough or sore throat) and avoid contact with others so the virus does not spread. Stay at home until you have been free from fever for at least 24 hours after your last dose of fever-reducing medication (like Tylenol, Advil or Motrin). For most people this will mean staying at home for about 4 days.

### **How do I take care of someone who is sick with flu?**

Flu: What You Can Do - Caring for People at Home is available in a comprehensive booklet and a shorter, simpler version. Both are available in many languages and give you information to help you care for someone who has the flu in your home. More information about Flu: What You Can Do can be found at: [www.mass.gov/flu](http://www.mass.gov/flu).

### **Where can I get more information?**

- Your doctor, nurse or clinic, or your local board of health (listed in the phone book under local government)
- The Massachusetts Department of Public Health (MDPH), Division of Epidemiology and Immunization at (617) 983-6800 or on the MDPH Website at [www.mass.gov/flu](http://www.mass.gov/flu)
- The Centers for Disease Control and Prevention (CDC) website at [www.cdc.gov/flu/](http://www.cdc.gov/flu/)
- For flu clinic information, please visit: [mylocalclinic.com](http://mylocalclinic.com) or HealthMap at [vaccinefinder.org](http://vaccinefinder.org).



## ADDITIONAL INFORMATION

### **Antibiotic Resistance**

Antibiotics have been used for the past 70 years to treat illnesses and prevent thousands of deaths. However, some antibiotics are no longer as effective at killing bacteria and treating illnesses. This is known as Antimicrobial Resistance or Antibiotic Resistance.

Antibiotics will not cure a cold or the flu. They are also not appropriate for bronchitis, some ear infections or sinus infections.

Taking antibiotics unnecessarily can kill helpful bacteria in the body and increase your risk for serious infections.

### **How Can You Protect Yourself?**

- Do not share your medications.
- Do not ask for antibiotics. Your doctor will prescribe what is appropriate. Doctors often feel pressure from patients to give them what they want, even if it is not beneficial.
- Antibiotics cure bacterial infections, not viral infections such as:
  - Colds or flu
  - Most coughs and bronchitis
  - Sore throats
  - Runny noses

**ALWAYS** finish your prescription! Take medication as directed, even if you feel better.





## **What is COVID-19?**

COVID-19 is a disease caused by a virus called SARS-CoV-2. Most people with COVID-19 have mild symptoms, but some people can become severely ill. Although most people with COVID-19 get better within weeks of illness, some people experience post-COVID conditions. Post-COVID conditions are a wide range of new, returning, or ongoing health problems people can experience more than four weeks after first being infected with the virus that causes COVID-19. Older people and those who have certain underlying medical conditions are more likely to get severely ill from COVID-19. Vaccines against COVID-19 are safe and effective.

## **How does it spread?**

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. People who are closer than 6 feet from the infected person are most likely to get infected.

## **COVID-19 is spread in three main ways:**

- Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.



## How can I protect myself and others?

### Get Vaccinated

- Authorized COVID-19 vaccines can help protect you from COVID-19.
- Wear a Mask (Everyone 2 years of age or older who is not fully vaccinated should wear a mask in indoor public places.)

### Stay 6 feet away from others

- Inside your home: Avoid close contact with people who are sick.
  - If possible, maintain 6 feet between the person who is sick and other household members.
  -
- Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.
  - Remember that some people without symptoms may be able to spread virus.
  - Stay at least 6 feet (about 2 arm lengths) from other people.
  - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

### Avoid crowds and poorly ventilated spaces

- Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.
- Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.
- If indoors, bring in fresh air by opening windows and doors, if possible.



## **Wash your hands often**

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.



## **COVID-19 IN-HOME VACCINATION PROGRAM**

For those individuals who require in-home vaccinations because they are unable to get to a vaccination location.

You can call the In-Home Vaccination Central Intake Line at **1-833-983-0485**. Representatives are available Monday through Friday from 9:00 a.m. to 5:00 p.m.

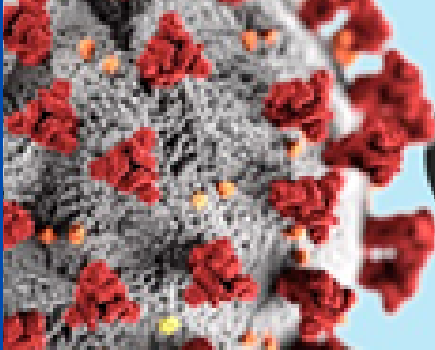
For more information, please visit: <https://www.mass.gov/info-details/covid-19-in-home-vaccination-program>

## **ALL FULLY VACCINATED INDIVIDUALS AGES 18+ ARE ELIGIBLE FOR COVID-19 BOOSTER SHOTS**

How to Get a Booster:

- Visit the [Vaxfinder](#) tool at [vaxfinder.mass.gov](https://vaxfinder.mass.gov) for a full list of locations to receive a booster.
- For individuals who are unable to use [Vaxfinder](#), or have difficulty accessing the internet, the COVID-19 Vaccine Resource Line is available Monday through Friday from 8:30 a.m. to 6:00 p.m., Saturday and Sunday 9:00 a.m. to 2:00 p.m. by calling **2-1-1** and follow the prompts for assistance.





# COVID-19

## CORONAVIRUS PANDEMIC

### COVID-19 RELATED LINKS

In-home Vaccination Program: <https://www.mass.gov/info-details/covid-19-in-home-vaccination-program>

Vaxfinder: <https://vaxfinder.mass.gov/>

COVID-19 Testing - Find a Site: <https://www.mass.gov/info-details/find-a-covid-19-test>

Free COVID-19 Testing - Worcester: <https://www.ummhealth.org/coronavirus-resources/free-covid-19-testing-worcester>

Nursing Home Resource: <https://www.mass.gov/tool-kit/long-term-care-covid-19-toolkit#additional-resources>

Center for Disease Control (CDC): <https://www.cdc.gov/>

Department of Early and Secondary Education (DESE):  
<https://www.doe.mass.edu/>

MA Department of Public Health (MDPH): <https://www.mass.gov/>

World Health Organization (WHO): <https://www.who.int/>



## EMERGENCY SUPPLY KIT - Should Include:

- **Water:** Bottled water (one gallon per person / per day for at least three days), water purification tablets
- **Food:** At least a three-day supply of non-perishable foods that do not need cooking (ready-to-eat canned meats, fruits, vegetables, or juices, protein or granola bars, cereal, peanut butter, dried fruit, nuts, crackers, baby food, comfort foods)
- **Tools and Supplies:** Manual can opener, Radio (battery-powered or hand crank), flashlight or lantern, extra batteries, cell phone with charger, wrench, pliers, and other basic tools
- **Personal Items:** Prescription medications (two-week supply), personal hygiene items, eyeglasses, contact lenses, dentures, extra batteries or supplies for medical equipment, change of clothes, sturdy shoes
- **Pets:** Collar, leash, harness, crate, food, bowls, current photo, license and medical information
- **Documents:** Insurance policies, bank account records, identification cards (IDs), medical information, and other copies of important documents
- **Money:** Extra cash and traveler's checks (ATMs may not work during a power outage)
- **Other Items:** First-aid kit, emergency whistle, waterproof matches / lighter, local area maps, diapers, wipes, formula, and baby food and supplies (if needed)



## EMERGENCY SUPPLY KIT - continued...

Also Consider Adding:

- A watch or clock
- Household chlorine bleach, which can serve as an emergency disinfectant of drinking water
- Camp stove or grill with fuel or canned heat, neither of which should be used indoors
- Disposable plates, cups, and utensils
- Duct tape, plastic sheeting or tarp
- Seasonal items to protect against the elements
- Books, games, puzzles, and other comfort items
- Sleeping bags or blankets

## Massachusetts Emergency Management Agency (MEMA)

### SUGGESTED EMERGENCY KIT CHECKLIST

At a minimum your kit should include:

- Bottled water (one gallon per person/per day for at least 3 days)
- Food: at least a 3-day supply of non-perishable foods that do not need cooking (read-to-eat canned meats, fruits, vegetables, or juices, protein or granola bars, cereal, peanut butter, dried fruit, nuts, crackers, baby food, comfort foods)
- Manual can opener
- Radio (battery-powered or hand crank), NOAA Weather Radio, and extra batteries
- Flashlight or lantern, with extra batteries
- Cellphone and charger (also an auto, solar, or crank charger in case power is out)
- Wrench or pliers to turn off utilities and other basic tools
- Prescription medications (2-week supply)
- Garbage bags, soap, sanitizer, and other personal hygiene items
- Extra eyeglasses, contact lenses, and dentures
- Extra batteries for hearing aids, wheelchairs, or other medical equipment
- Change of clothes and sturdy shoes
- Pet collar, leash, harness, crate, food, bowls, current photo, license and medical info
- Copies of insurance policies, bank account records, identification cards (IDs), medical information, and other important documents
- Extra cash and traveler's checks (ATMs may not work during a power outage)
- First-aid kit
- Whistle to signal for help
- Waterproof matches or lighter
- Local area maps
- Diapers, wipes, formula, baby food and supplies, if needed
- Water purification tablets

## **Massachusetts Emergency Management Agency (MEMA) - continued...**

### **Also consider adding:**

- Watch or battery-operated clock
- Household chlorine bleach, which can disinfect drinking water
- Camp stove or grill with fuel or canned heat, neither of which should be used indoors
- Disposable plates, cups, and utensils
- Duct tape, plastic sheeting, or tarp
- Seasonal items such as warm clothes for winter and sunscreen for summer
- Sleeping bags or blankets
- Books, games, puzzles, and other comfort items



### Winter Emergency Car Kit

- Flashlight with extra batteries
- Charged cellphone and automobile charger
- Basic first aid kit
- Necessary medications
- Pocket knife
- Blankets or sleeping bags
- Extra clothes (including rain gear, boots, mittens, socks)
- High-calorie non-perishable foods (dried fruits, nuts, canned food)
- Manual can opener
- Container of water
- Windshield scraper and brush
- Fire extinguisher
- Shovel
- Sand, road salt, or cat litter for traction
- Tire chains or traction mats
- Basic tool kit (pliers, wrench, screwdriver)
- Tow rope
- Battery jumper cables
- Road flares/reflectors
- Brightly colored cloth to use as a flag
- Road maps





## COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

The Town of Shrewsbury is always looking for community members that might be interested in joining the Community Emergency Response Team (CERT). This is an opportunity for you to give back to your neighbors and community during both emergencies and planned events. This is particularly important during the current COVID-19 pandemic and upcoming winter storm season. The CERT team may be activated for duties such as helping at vaccine dispensing sites, assisting in shelter operations, and providing support for first responders.

For more details and to apply please click the link below:

<https://shrewsburyma.gov/207/Community-Emergency-Response-Team>

or

Visit the Emergency Management page on the Town of Shrewsbury Website at: <https://shrewsburyma.gov/204/Emergency-Management>

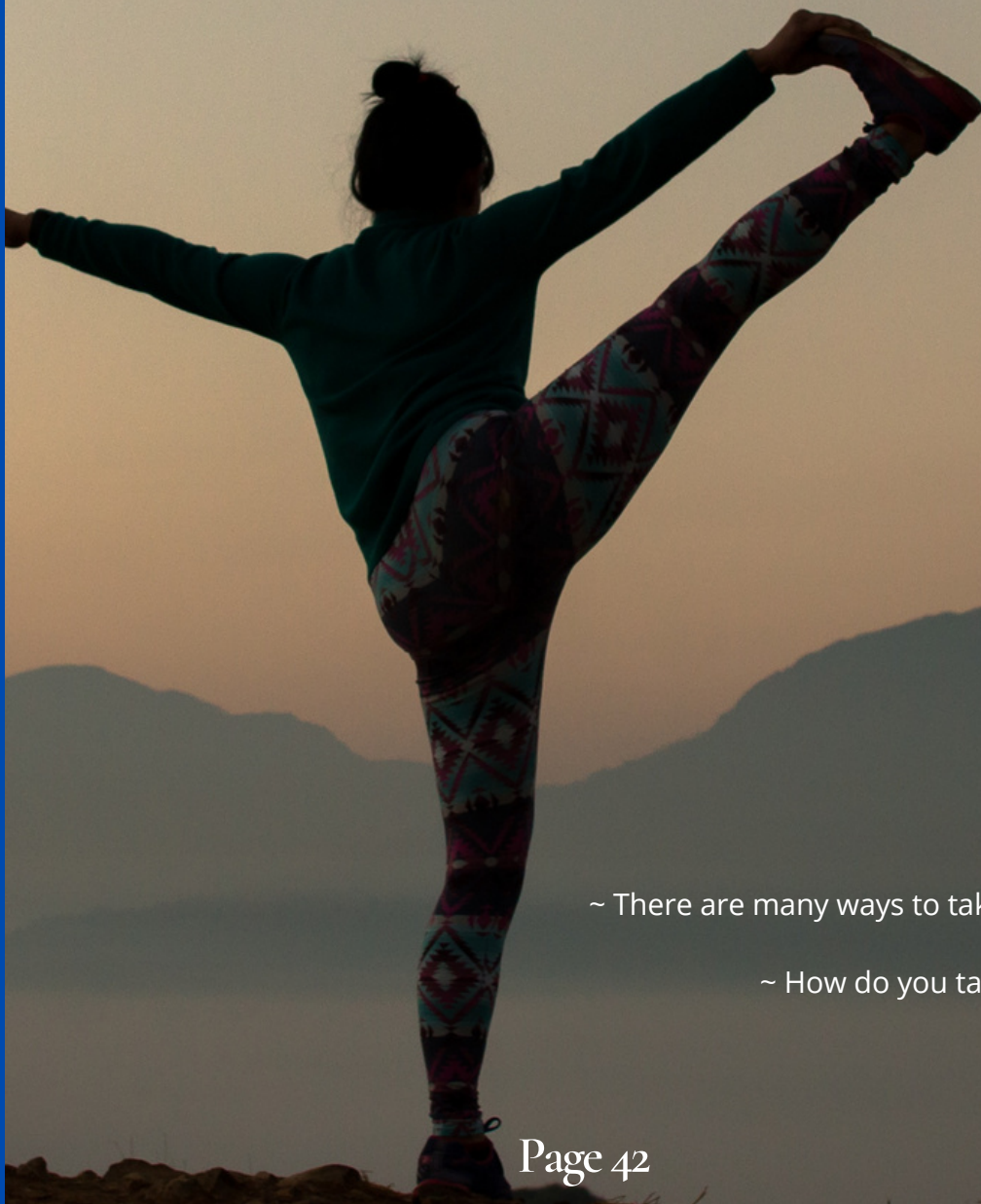
The CERT Coordinator can be reached at 508 841-8577 if you are interested, have any questions, or need more information.

## Health and fitness

The Worcester Division of Public Health (WDPH) encourages everyone to live a healthy lifestyle.

Living a healthy lifestyle incorporates many different aspects, such as:

- **EXERCISE**
- **BICYCLE SAFETY**
- **FOOD SAFETY**
- **NUTRITIOUS FOOD**



~ There are many ways to take care of ourselves ~

~ How do you take care of yourself? ~





## EXERCISE WALK! BIKE! HIKE!

Physical activity fosters normal growth and development, can reduce the risk of various chronic diseases and can make people feel better, function better and sleep better. Some health benefits start immediately after activity, and even short bouts of physical activity are beneficial.

Not an outdoor person?

Consider joining a gym or sign up for an indoor fitness program for activities like:

- Yoga
- Spin class
- Aerobics
- Swimming

# EXERCISE

"A body in motion, stays  
in motion:"



Stretch



Swim



Bike

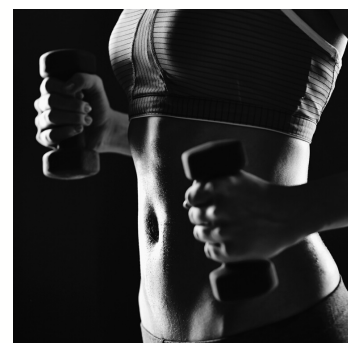


Yoga



Hike

*Endurance*



Weight Training





Help save lives and prevent injuries by properly fitting and wearing helmets whenever you are riding a bike! Put a Lid on It and Protect Before You Pedal!

- Place the helmet low on the forehead, just above the eyebrows.
- Show children that the helmet straps should be snug under the chin so the helmet stays in the same position.
- Show children that the helmet should not move back and forth or side to side.
- Demonstrate that when children wear a helmet on the back of their head (move helmet so forehead is well exposed) that the helmet cannot do a good job of protecting the brain.





Cook food to  
proper temperature

## Food Safety

Food safety is used as a scientific method / discipline describing handling, preparation, and storage of food in ways that prevent food-borne illness. The occurrence of two or more cases of a similar illnesses resulting from the ingestion of a common food is known as a food-borne disease outbreak.

Key to Safer Food:

- **keep clean**
- **separate raw and cooked**
- **cook thoroughly**
- **keep food at safe temperatures**
- **use safe water and raw materials.**

---

PROTECT  
YOURSELF  
FROM FOOD-  
BORNE  
ILLNESS

---

Food Safety for Special Events & Holidays

<https://www.cdc.gov/foodsafety/prevention/food-safety-seasons-holidays.html>

## What is Food Safety?

Food safety is about handling, storing and preparing food to prevent infection and help to make sure that our food keeps enough nutrients for us to have a healthy diet.



## Top 10 FOOD SAFETY TIPS



### 1 Clean Hands Count

Germs are easily transferred from hands to food during meal preparation, accounting for 89% of outbreaks.<sup>1</sup> Good hand hygiene is your first line of defense in preventing foodborne illness.



### 2 Sick Workers Have No Place In Foodservice

12% of foodservice employees report having worked when they were sick with vomiting or diarrhea.<sup>2</sup> Sick employees can easily spread pathogens to other employees and customers. Sick workers should stay home when sick.

### 3 Cool It!

Chill food promptly and properly. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them. Cold temperatures slow the growth of illness causing bacteria.<sup>3</sup>



### 4 Take Your Food's Temperature

Proper cooking temperatures are key to killing hazardous pathogens. Bacteria that cause food poisoning multiply quickest in the "Danger Zone" – between 40° and 140°F.<sup>4</sup> Use a food thermometer to determine a food's true internal temperature.

### 5. Put A Label On It!

Avoid confusion and ensure freshness by labeling and dating stored ingredients and prepared foods. Any food item not stored in its original packaging must be labeled.<sup>5</sup>

### 6 Don't Get Your Signals Crossed On Cross-Contamination

Raw meat, poultry, seafood, and eggs can spread illness-causing bacteria to ready-to-eat foods. Cutting boards or utensils used with raw meats must never be re-used for ready-to-eat foods like fruits and vegetables without first thoroughly cleaning and sanitizing them after each use and before beginning a new task.<sup>6</sup>



### 7 Be A Clean Freak

Cleaning removes dirt and debris. Sanitizing reduces pathogens that may be present to safe levels. Food contact surfaces must be cleaned and sanitized after each use, or every 4 hours if in continual use.<sup>7</sup>

### 8 Love Your Gloves

Failure to wear gloves by foodservice workers who prepare ready-to-eat foods is a top trending health inspection violation.<sup>8</sup> Wearing gloves can reduce the spread of foodborne illness.



### 9 Give Fruits & Vegetables A Bath

Washing fruits and vegetables helps prevent the spread of bacteria to food preparation surfaces. Even fruits and vegetables that will be peeled or skinned must still be washed.<sup>9</sup>

### 10 Train Staff

A knowledgeable kitchen staff is your greatest ally in protecting guests and preventing foodborne illness. Each new kitchen staff member should be regularly given instruction on proper cleaning and sanitizing protocols.<sup>10</sup>



#### SOURCES:

<sup>1</sup> [https://www.cdc.gov/nceh/ehs/ehsnet/plain\\_language/food-worker-handwashing-restaurant-factors.htm](https://www.cdc.gov/nceh/ehs/ehsnet/plain_language/food-worker-handwashing-restaurant-factors.htm)

<sup>2</sup> [https://www.cdc.gov/nceh/ehs/ehsnet/plain\\_language/food-workers-working-when-sick.htm](https://www.cdc.gov/nceh/ehs/ehsnet/plain_language/food-workers-working-when-sick.htm)

<sup>3</sup> <https://www.foodsafety.gov/keep/basics/ch2/index.html>

<sup>4</sup> <https://www.fda.usda.gov/food/food-safety-topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/danger-zone-40-140-°F/index>

<sup>5</sup> <https://www.gis.com/en-us/direct/food-safety-labeling-dating>

<sup>6</sup> <https://www.foodsafety.gov/keep/basics/separate/index.html>

<sup>7</sup> [https://www.safesale.com/SanSafe/media/SanSafe/Documents/NFSEM\\_wild\\_Actry-Clean-Sanitize.pdf](https://www.safesale.com/SanSafe/media/SanSafe/Documents/NFSEM_wild_Actry-Clean-Sanitize.pdf)

<sup>8</sup> <https://dnr.hawaii.gov/affairs/2018/05/08/wearing-gloves-important-food-safety/>

<sup>9</sup> <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

<sup>10</sup> <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

47609v1



Each year, 1 in 6 Americans get sick from eating contaminated food. The Center for Disease Control (CDC) tracks foodborne illnesses and collaborates with state and local health departments and other federal agencies to investigate foodborne outbreaks.

- Cook food thoroughly.
- Keep food out of the "danger zone" (between 40°F and 140°F).
- Use pasteurized eggs for dishes containing raw eggs.
- Do not eat raw dough or batter.
- Keep foods separated.
- Thaw your turkey safely, in the refrigerator, in a sink of cold water (change the water every 30 minutes) or in the microwave.
- Wash your hands with soap and water before, during and after preparing and eating food.
- Use a meat thermometer to ensure that food is grilled thoroughly.
- Ground beef should be cooked to an internal temperature of 160 degrees F.
- Whether cooking out or at a picnic, keep cold foods cold and hot foods hot.
- Refrigerate leftovers promptly.



# Health

"Make healthy choices"

Healthy food

The importance of good nutrition

**Four Main Food Groups**

Fruits and Vegetables

Dairy

Meats and Proteins

Grains

MAKE  
HEALTHY  
CHOICES







## Build Healthy Eating Habits

Eat a variety of vegetables, especially dark green, red, and orange vegetables (3 or more servings a day).

Eat a variety of fruits (2 or more servings a day).

Eat whole-grain, high-fiber breads and cereals (3 to 6 servings a day). Reduce or eliminate refined or processed carbohydrates; most of the grains in your diet should be whole grains.

Drink fat-free or low-fat milk and eat low-fat dairy products.

Choose from a variety of low-fat sources of protein — including eggs, beans, poultry without skin, seafood, lean meats, unsalted nuts, seeds, and soy products. If you eat meat, eat white meat at least four times more often than red meat.

Reduce intake of saturated fats and trans-fats (such as partially hydrogenated oil) as much as possible.

Use vegetable oils (like olive or canola oil) instead of solid fats.

Reduce daily intake of salt or sodium. Reduce to less than 1,500 mg. per day if you are older than 50, or have hypertension, diabetes or chronic kidney disease.

Restrict or eliminate "junk food" — foods that contain refined white flour, solid fats or trans fats, added sugars, and are high in sodium.

Restrict or eliminate sodas and other sugar-added drinks that are high in calories and contain few or no nutrients.

If you drink alcoholic beverages, do so in moderation. Drink only when it doesn't put you or anyone else at risk.





## THE IMPORTANCE OF GOOD NUTRITION

Good nutrition is essential in keeping current and future generations of people healthy across their lifespan.

Harmful Effects of Poor Nutrition:

- **Overweight and Obesity**
- **Heart Disease and Stroke**
- **Type 2 Diabetes**
- **Cancer**
- **Deficits in Brain Function**

## DON'T GO HUNGRY

THE SHREWSBURY COUNCIL ON AGING HAS CREATED A  
FOOD SHARING PANTRY FOR SHREWSBURY SENIORS  
AT THE SHREWSBURY SENIOR CENTER @ 98 MAPLE AVE.

### FROZEN MEALS \* SOUPS \* DESSERTS

FROM HEART TO HOME MEALS IN MARLBORO



*POSSIBLE BY GENEROUS DONATIONS*

CALL THE SENIOR CENTER @ 508-841-8640  
WE WILL ARRANGE FOR PICK UP OR DELIVERY AND  
PROVIDE YOU WITH ADDITIONAL RESOURCES

The **Shrewsbury Council on Aging** created a food sharing pantry for Shrewsbury Seniors located at the Shrewsbury Senior Center, 98 Maple Avenue, Shrewsbury.

Frozen Meals, Soups and Desserts are available from [Heart to Home Meals](#) in Marlborough, MA.

Please call the Senior Center at 508-841-8640 for more information or visit their website at: <https://shrewsburyma.gov/555/Council-on-Aging>

They can arrange for pick-up or delivery and provide additional resources.

This food pantry is made possible by generous donations!





## PROJECT BREAD

### BREAKING THE CYCLE OF HUNGER

Project Bread prevents hunger by making it easier for everyone in Massachusetts to access and afford food with dignity.

#### **FOODSOURCE HOTLINE: 1-800-645-8333**

For anyone in Massachusetts who needs food assistance, start by calling the FoodSource Hotline.

Here is your one-stop-shop to learn about all the resources available to help you.

Project Bread's FoodSource Hotline is toll-free and confidential, at **1-800-645-8333**.

#### Hotline Hours:

Monday through Friday - 8:00 a.m. to 7:00 p.m.

Saturday - 10:00 a.m. to 2:00 p.m.

Their counselors can assist callers with SNAP (information, eligibility screening, and over-the-phone application assistance), finding free meals for kids and school meal sites, summer meal sites, P-EBT, local food pantries and meal programs, and more.

145 Border Street  
East Boston, MA 02128-1903

TEL: 617-723-5000

FAX: 617-248-8877

EMAIL: [info@projectbread.org](mailto:info@projectbread.org)



## Ice and Cold Water Safety

Each year, many residents safely enjoy boating, fishing, ice skating, and ice fishing, but many are injured from exposure to cold water. Skaters and ice fishermen fall through the ice and boaters capsize. Hikers sometimes have to camp overnight in harsh weather conditions. Unleashed pets run onto ice and people chase them. Learn safety tips about cold water exposure.

**Each year many people are injured from exposure to cold water. Learn how to protect yourself and others.**

- Always wear a personal flotation device (PFD) when boating.
- Dress properly for cold weather in wool, which insulates better from the effects of hypothermia when dry or wet than man-made materials. Keep your head covered because 50% of body heat is lost through the head.
- The only safe ice is at a skating rink. Ice on moving water in rivers, streams and brooks is never safe. The thickness of ice on ponds and lakes depends upon water currents or springs, depth and natural objects. Changes in temperature cause ice to expand and contract, which affects its strength. Because of these factors, ice cannot be called safe.

## Cold Water and Hypothermia

Any water that is cooler than normal body temperature (98.6° F) is cold water. Cold water drains away body heat 25 to 30 times faster than air. Cold water does not have to be icy, it just has to be colder than you are to cause hypothermia. The lower the temperature of the water, the faster the onset of hypothermia.

Hypothermia is the extreme lowering of body temperature. Core body temperature below 95° F causes shivering, confusion, and loss of muscle strength. If not treated and reversed, hypothermia leads to unconsciousness and death. Experts estimate that half of all drowning victims die from hypothermia, not from water-filled lungs.





## What to do if you fall into cold water

Get into HELP position (Heat Escape Lessening Position). Bring your knees to your chest, hold your arms to your sides and clasp your hands. Cover your head if possible to protect your body from heat loss.

DO NOT try to swim unless a boat, floating object, or the shore is close by. Swimming causes warm blood to circulate to your arms and legs, where it cools off quickly and reduces survival time by 35-50%.

If you are in the water with other people, huddle tightly together with your arms around each other to preserve body heat.

## What to do if someone falls through the ice

- **Call 9-1-1** immediately. Properly trained and equipped rescuers will respond.
- **DO NOT** go out on the ice. Many would-be rescuers become victims themselves.
- Reach, throw or row. Extend a branch, pole or ladder to the victim. Throw a buoyant object such as a life ring or float tied to a rope. If a boat is nearby, row out to the victim or push the boat towards them.

## RELATED LINK

<https://www.mass.gov/doc/ice-and-cold-water-safety-english/download>

## What is Extreme cold?

It is generally defined as a prolonged period of excessively cold weather. Extreme cold conditions are often, but not always, part of winter storms.



Winter in Massachusetts almost always includes periods of extreme cold weather. Exposure to cold can cause frostbite or hypothermia and has the potential to become life-threatening. Although anyone can suffer from cold-related health issues, some people are at greater risk than others, such as:

- Older adults
- Young children
- Those who are sick; and
- Those without adequate shelter

To reduce the risks of extreme cold conditions, take the proper safety precautions to protect yourself and your family.

## Wind Chill Advisories and Warnings

The National Weather Service issues wind chill advisories and warnings to alert the public of potential extreme temperatures. Learn more about the Wind Chill Index.

### Wind Chill Advisory

Wind chill index between -15°F and -24°F for at least three hours.

### Wind Chill Warning

Wind chill index below -25°F for at least three hours.





## Extreme Cold - continued...

### What to do before extreme cold weather hits

**Be Informed** by receiving alerts, warnings, and public safety information before, during, and after emergencies.

Learn how to **make a Family Emergency Plan** that addresses the needs of your family and prepares your family to safely evacuate or shelter in place.

Assemble an **emergency kit**.

**Prepare your home** for possible emergencies. Preparing and strengthening your home can not only protect your property during disasters — it can also add value to your home.

Ensure your vehicle is ready for **safe winter driving**. Follow safe driving practices if you must travel during winter storms. Winter Weather Driving.

Make sure your pets are ready for cold weather: **Winter Pet Safety Tips**.

## Extreme Cold - continued...

### What to look for in cold-related illnesses

Extreme cold can cause cold-related illness, including:

Frostbite is the freezing of the skin and body tissue.

- Symptoms — Loss of feeling and white or pale appearance in extremities, such as fingers, toes, earlobes, face, and the tip of the nose.
- Treatment — Get the victim into a warm location. Cover exposed skin, but do not rub the affected area. Seek medical attention immediately.

Hypothermia is abnormally low body temperature and is life-threatening.

- Symptoms — Shivering, exhaustion, confusion, memory loss, and slurred speech.
- Treatment — If symptoms of hypothermia are detected take the person's temperature. If it is below 95°, seek medical attention immediately. Get the victim to a warm location. Remove wet clothing. Warm the center of the body first by wrapping the person in blankets or putting on dry clothing. Give them warm, non-alcoholic beverages if the person is conscious.





**Think Safety First  
When Heating your  
Home this Winter**



**KEEP WARM  
KEEP SAFE**

**Winter Home Heating Safety**  
**Mantenerse Caliente, Mantenerse Seguro**

Heating caused 6,692 fires over the past five years and is the number two cause of home fires in Massachusetts. Use your home heating system and space heating appliances wisely and responsibly. That's the way to Keep Warm and Keep Safe.

### **The ABCs of Fire Safety**

- Make sure there are working smoke alarms and carbon monoxide alarms on every level including one outside the bedrooms.
- Test smoke and carbon monoxide alarms monthly and change batteries twice a year, when you change the clocks.
- Hold home fire drills to practice the home escape plan.
- Practice home fire safety and set a good example for the children.

### **Be Careful When Using Fireplaces and Solid Fuel Stoves**

If you heat your home by burning solid fuels (coal, firewood, pellets), be careful before, during and after using these kinds of fuels.

- Have the chimney professionally cleaned every year.
- Make sure the stove is approved by a national testing agency such as Underwriter's Laboratory (UL).
- Get a building permit before installing a stove.
- Keep anything that can burn three feet away.
- Dispose of the ashes in a metal container, with a lid, away from the house, garage and porch.



## Space Heaters Need Space

Fires caused by space heaters are rare but often deadly. If you must use a space heater, do so safely.

- Do not use space heaters as your #1 heating source.
- Keep anything that can burn three feet away.
- Use only heavy-duty extension cords.
- Always turn off when going to bed or leaving home.
- Portable kerosene heaters are illegal in MA for home use.

## Maintain Natural Gas Equipment

Natural gas is a safe and efficient way to cook, heat our homes and hot water.

- Have your furnace and hot water heater professionally checked every year.
- Do not use or store gasoline or painting supplies inside where they can be ignited by the pilot light.

Gas leaks can be dangerous – if you smell something like rotten eggs or you think there might be a leak.

- Move outdoors.
- Do not smoke or turn on or off electrical switches - sparks can cause an explosion.
- **Dial 911 immediately.**





## **Maintain Oil Heating Equipment**

Home heating with fuel oil is also safe and efficient.

- Have your furnace professionally cleaned and checked every year.
- Don't let the tank get completely empty.
- Call for service if the oil burner releases smoke or soot in the house.

## **Carbon Monoxide: the Silent Killer**

Heating equipment is the leading source of carbon monoxide (CO) in the home.

- Install carbon monoxide alarms on every level of your home.
- Don't use the gas stove or oven for heat.
- Have furnaces and chimneys checked annually by a professional.
- Keep appliance vents and exhaust pipes clear of drifting snow and bushes.

## **Fuel Assistance**

For information on fuel assistance, please call the HEATLINE at 1-800-632-8175 (or for Boston only 617-357-6012 )or on-line at [www.mass.gov/dhcd](http://www.mass.gov/dhcd).

**For more information go to:**  
[www.mass.gov/keepwarmkeepsafe](http://www.mass.gov/keepwarmkeepsafe)

**Department of Fire Services**  
[www.mass.gov/dfs](http://www.mass.gov/dfs) • (978) 567-3380

## Town of Shrewsbury Home Heating Helping Shrewsbury Residents Stretch their Dollars in the Winter Season

### Offering:

- Various Assistance Programs
- Other Dollar Saving Resources

### Home Heating Working Group [Agendas & Meeting Minutes](#)

### Contact:

Kristen Las, Assistant Town Manager  
100 Maple Avenue  
Shrewsbury, MA 01545  
Telephone: 508-841-8508  
Email Address: [klas@shrewsburyma.gov](mailto:klas@shrewsburyma.gov)

### About the Group

The Home Heating Working Group was established in the summer of 2008 due to the rising costs of fuel and our concern that some of our citizens would find themselves unable to pay and therefore without heat in the coming winter. The Working Group is part of the Board of Selectmen's sub-committee for Cultural, Health and Human Services.

### RELATED LINK

[Home Heating Group Booklet](#)

"Share the Warmth"







## Central Mass. Mosquito Control Project

The Town of Shrewsbury has an Integrated Mosquito Management (IMM) Program with the Central MA Mosquito Control Project (CMMCP) out of Northborough, MA.

Residents may request a spray of their own residence (at no cost) by contacting CMMCP directly at the telephone number or website listed below.

There are 223 communities in Massachusetts that currently participate in a mosquito control program.

### **Central MA Mosquito Control Project (CMMCP)**

111 Otis Street  
Northborough, MA 01532

Telephone: 508-393-3055

Hours: Monday thru Friday from 7:00 a.m. to 3:30 p.m.

Website: <https://www.cmmcp.org/>

### **RELATED LINKS**

[Pesticide Exclusion](#)

[Eastern Equine Encephalitis \(EEE\)](#)

[West Nile Virus \(WNV\) Fact Sheet](#)

[Zika Virus](#)



## Preventing Disease Spread by Ticks

If you spend time outside, you may be exposed to vector-borne diseases spread from the bites of infected ticks and/or mosquitoes. Ticks and mosquitoes may carry bacteria, parasites or viruses in your area.

One of the most common tick-borne diseases in the U.S. is Lyme disease. Ticks are found in wooded areas, high grass, or leaf litter. They are most active during the spring, summer and fall, but during warm days in the winter they may become active for a short period.

One of the most common diseases carried by mosquitoes in the U.S. is West Nile virus infection.

Mosquitoes may be found near standing water or in shady, wooded areas. They are usually most active during dawn and dusk in the warmer months.

## Symptoms of Vector-borne Diseases Controls and Protection

Decrease tick populations and your exposure:

- Remove leaf litter.
- Remove, mow, or cut back tall grass and brush.
- Discourage deer activity if possible.
- Use repellents as needed - follow label directions.



## CONTROLS AND PROTECTION

Decrease mosquito populations and your exposure:

- Remove, turn over, cover, or store equipment.
- Put drain holes in containers that collect water and cannot be discarded.

Avoid areas of high mosquito populations.

Listen for public health announcements on mosquito diseases in your area.

Use repellents as needed - follow label directions.

## Preventing Disease Spread by Ticks - continued...

### Prevention

1. Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. Additional repellent options are available. EPA's [repellent search tool](#) can help find the product that best suits your needs
2. Treat dogs and cats for ticks as recommended by a veterinarian.
3. Check for ticks daily, especially under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and on the hairline and scalp.
4. Shower soon after being outdoors.
5. Learn more about [landscaping techniques](#) that can help reduce blacklegged tick populations in the yard.

### Tick Removal

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. The key is to remove the tick as soon as possible. Avoid folklore remedies such as using nail polish, petroleum jelly, or heat to make the tick detach from the skin.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with clean tweezers. If you are unable to remove the mouth parts easily, leave them alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

## Preventing Disease Spread by Ticks - continued...



### RELATED LINKS

#### Lyme Disease:

<https://www.cdc.gov/lyme/toolkit/>

#### Rocky Mountain Spotted Fever:

<https://www.cdc.gov/ticks/tickbornediseases/rmsf.html>

#### Tularemia:

<https://www.cdc.gov/ticks/tickbornediseases/tularemia.html>



## Asian Long-horned Beetle (ALB)

If you see a beetle or suspect that tree damage is caused by the ALB, please report it by calling 1-866-702-9938 or fill out the online [Report It form](#). Before reporting it, please record the area where you found the insect or damage. If possible, capture the insect you think is an ALB, place it in a jar, and freeze it.

- **Exit holes** – In the warmer months the adult beetles chew their way out of the tree leaving, ¼ inch or larger, perfectly round exit holes.
- **Egg sites** – Adult female beetles chew up to 90 oval depressions, called oviposition sites or egg sites, into the bark of the host tree. She lays a single egg beneath the bark at each site. These look like little wounds on the tree, and you can sometimes see the chew marks on the edges.
- **Frass** – As the larvae tunnel and feed, it often pushes sawdust-like material or excrement, called frass out onto the ground around the tree or onto the tree branches.
- **Tunneling** – After the egg hatches, the larva tunnels into the growing layers (phloem and cambium) of the tree and eventually into the woody tree tissue (xylem). If you have a fallen branch or are cutting wood, you may see this tunneling.



## **Asian Long-horned Beetle (ALB) - continued...**

### **The month of August is TREE CHECK MONTH!**

August is the peak time of year to spot the Asian long-horned beetle (ALB) as adults emerge from trees. The U.S. Department of Agriculture is declaring August as "Tree Check Month."

### **REALTED LINKS**

[Don't Move Firewood](#)

[Fighting ALB in Your Community](#)

## SHARPS (Needles, Syringes, Lancets, EpiPens) Disposal

### Background

For several years, there has been a state-wide ban on the disposal of needles, syringes, and lancets (collectively known as "sharps") in household trash. Residents can not dispose of these items in that manner.

### Proper Disposal

Requirements:

- Sharps must be in a tightly-sealed puncture-proof container. Individual or loose sharps will not be accepted.
- The Health Department reserves the right to refuse containers that are not deemed safe.
- You must be a Shrewsbury resident.
- Hours of operation: Monday - Friday from 8:00 a.m. to 4:30 p.m. No appointment is necessary.
- Non-residents should reach out to the Health Department within their own community for safe disposal options.



## MEDICATION DISPOSAL LOCATIONS

### **CVS Pharmacy (24/7 kiosk)**

**197 Boston Turnpike**

**Shrewsbury, MA 01545 (Open 24 hours)**

**ACCEPTED:** Unwanted or expired over-the-counter medication and/or unwanted or expired prescription medication in tablet form or in liquid form (up to 4 ounces).

**NOT ACCEPTED:** Sharps - i.e. diabetic needles, lancets, EpiPens, etc. liquid medication over 4 ounces inhaler (aerosol cans)

### **Questions?**

Please contact CVS Pharmacy directly at: 508-752-0439

### **OTHER LOCATIONS:**

#### **Grafton Police Department**

28 Providence Road, Grafton, MA

#### **Millbury Town Hall**

127 Elm Street, Millbury, MA

#### **Walgreens**

320 Park Avenue, Worcester, MA

#### **West Boylston Police Department**

Sterling Street, West Boylston, MA

#### **Worcester Police Department**

Lincoln Square, Worcester, MA





- 1. Never leave a child unattended in or near water.**
- 2. Teach children how to swim.**
- 3. Teach children to stay away from drains.**
- 4. Ensure all pools and spas - both in your backyard and any public pool you may visit - have compliant drain covers.**



## **Safe swimming in natural bodies of water**

Learn how to stay safe when swimming in ponds, lakes, and other natural bodies of water. Swimming is a fun and healthy way to beat the heat - as long as you are prepared and do it in a safe place. Massachusetts is home to a wide range of lakes, ponds, and other natural bodies of water. Keep these tips in mind when you're planning a visit.

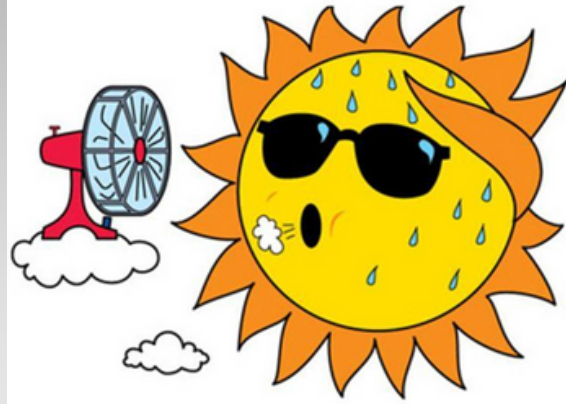
## **Safety tips for natural bodies of water**

Natural bodies of water are more dangerous than they look because there may be:

- steep drop-offs that can take you by surprise
- invisible currents that can sweep you away or tire you out
- tree limbs, plants, rocks and other obstacles that you can get stuck on
- cold water that can shock your system and impair your ability to react
- more distance to reach that island than you think
- poor visibility in the water, which can make it hard for you to see where you are and for other people to see you

## **Stay safe when visiting any natural body of water**

- Look for signs that say "No Swimming." If you see a sign, don't go into the water past your ankles.
- **Call 911 immediately if you think someone is drowning.**
- Do not try to rescue someone from the water unless you are trained in water rescue.
- Ask someone in your group to stay sober, out of the water, and diligent about keeping an eye on the people in the water.



## EXTREME HEAT

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed car.





## Be Sun Safe

Wear long-sleeved shirts and pants, a wide-brimmed hat, and sunglasses and use broad spectrum sunscreen with at least SPF 15.

### Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

### Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

### Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with SPF 15 or higher, or by staying in the shade.

## Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

## Sunscreen

Put on broad spectrum sunscreen with SPF 15 or higher before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

**How sunscreen works.** Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

**SPF.** Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF 15 or higher.

**Reapplication.** Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

**Expiration date.** Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

**Cosmetics.** Some makeup and lip balms contain some of the same sun-protective ingredients used in sunscreens. If they do not have SPF 15 or higher, be sure to use other forms of protection as well, such as sunscreen and a wide-brimmed hat.





## **Sun Safety Tips for Men**

Men, especially those with lighter skin, are more likely than anybody else to get skin cancer, including melanoma—the deadliest kind of skin cancer.



## **Sun Safety Tips for Families**

Protect your family and yourself from skin cancer. Stay sun-safe outdoors and discourage indoor and outdoor tanning.



## **Sun Safety Tips for Schools**

As an educator, you can protect students from skin cancer. Keep students sun safe, and teach them to avoid indoor tanning.



## **Sun Safety Tips for Employees**

As an employer, you can protect workers from skin cancer by providing and encouraging sun safety and protection, which can create a healthy workplace and increase productivity.



## **Sun Safety Tips for Parks and Recreation Staff**

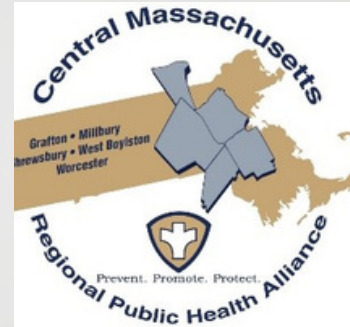
Protect your staff and help guests enjoy their time outdoors safely. Make sun protection the easy choice.

# Content and Imagery Resources

- 1-800-QUIT NOW
- 211 - United Way
- **911 - EMERGENCY**
- AdCare Hospital
- AIDS Project Worcester
- Alcohol & Drug Hotline
- Alcoholics Anonymous (AA)
- Canva.com
- Central Massachusetts Mosquito Control Project (CMMCP)
- Central Massachusetts Regional Public Health Alliance (CMRPHA)
- City of Worcester
- Community Emergency Response Team (CERT)
- Community Health Assessment (CHA)
- Community Health Improvement Plan (CHIP)
- Community HealthLink
- Continuous Learning for Youth in Recovery (CLYR)
- CRAFT
- Department of Fire Services
- dontmovefirewood.org
- Environmental Protection Agency (EPA)
- Everyday Miracles Peer Recovery
- GRASP
- Health Helpline
- Hearts to Home Meals
- Heatline
- Highland Grace House
- Home Heating Working Group
- Hunger Hotline
- Immunize.org
- KeepTryingMA.org
- Learn to Cope
- LUK Substance Abuse Treatment, Inc.
- Massachusetts Substance Abuse Information Hotline
- Massachusetts Department of Mental Health (MDMH)
- Massachusetts Department of Public Health (MDPH)
- Massachusetts Emergency Management Agency (MEMA)
- Microsoft

# Content and Imagery Resources

- Motivating Youth Recovery (MYR)
- MylifeMyquit
- Narcotics Anonymous
- National Drug & Alcohol Treatment
- Nursing Home Resource
- Poison Control
- Project Bread
- Public Health Accreditation Board (PHAB)
- Recovery Centers of America
- Rockdale Recovery High School
- Safe Link Hotline
- Samaritans Suicide Hotline
- Sani Professional
- Shrewsbury Council on Aging
- Shrewsbury Public Schools (SPS)
- Spectrum Health Systems
- Suboxone.com
- Substance Free Worcester
- The Center for Disease Control (CDC)
- Town of Grafton
- Town of Millbury
- Town of Shrewsbury
- Town of West Boylston
- UMass Emergency Mental Health
- United States Department of Agriculture (USDA)
- VapeFreeMass
- Vaxfinder.mass.gov
- Worcester Department of Public Health (WDPH)
- World Health Organization (WHO)
- YOU, Inc.



## **Shrewsbury Health Department**

508-841-8384 - Main Line

508-841-841-8347 - Health Inspector

508-841-8345 - Principal Department Assistant

[shrewsburyhealthagent@shrewsburyma.gov](mailto:shrewsburyhealthagent@shrewsburyma.gov) - Health Inspector

[boardofhealth@shrewsburyma.gov](mailto:boardofhealth@shrewsburyma.gov) - Board of Health

<https://shrewsburyma.gov/240/Health-Department> - Website

Richard D. Carney Municipal Building  
100 Maple Avenue  
Shrewsbury, MA 01545

Monday - Friday  
8:00 a.m. - 4:30 p.m.